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EARTH DAY POSTERS

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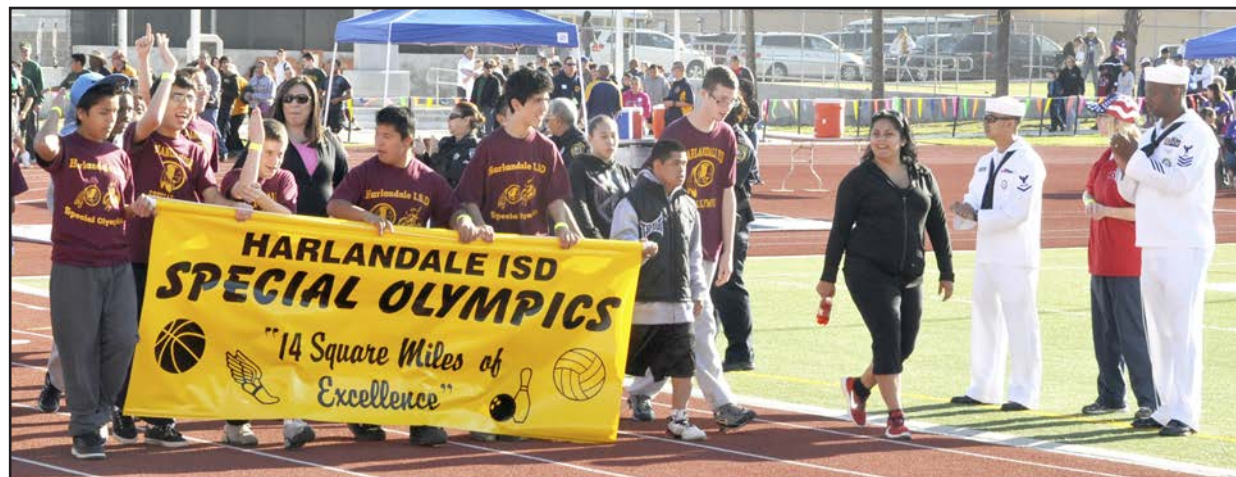
ADAPTIVE SPORTS/WARRIOR GAMES

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Area teams enter Frank Mata Stadium to participate in the Spring Games of Special Olympics Texas May 4. More than 20 recruiters and support personnel from Navy Recruiting District San Antonio volunteered to assist in the games.

Navy recruiters assist Special Olympics Texas

By Burrell Parmer
Navy Recruiting District Public Affairs

More than 20 recruiters and support personnel from Navy Recruiting District San Antonio volunteered to assist Special Olympics Texas during its spring games at Frank Mata Stadium May 4.

Sailors assisted athletes positioned around the track, awaiting the arrival of the torch to light the Flame of Hope to start the games. The torch was brought into the stadium by local, state and federal law enforcement personnel.

According to San Antonio native Armando Talamantz, with the Federal Drug Enforcement Administration, the Law Enforcement Torch Run began in 1985 to promote awareness for Special Olympics.

"It's incredibly fulfilling to be here and give back to the community as a law enforcement officer,"

Talamantz said. "Usually we deal with the criminal aspect, but being here allows us to give back in a different light."

The lawmen, in formation, conducted a lap around the track and transferred the torch to four athletes who ran 100 meters each with the final athlete – who was assisted by others – and lit the flame.

According to Yeoman First Class Kimberly Knowles, NRD's administrative leading petty officer, being there matters.

"Assisting with the Special Olympics was a great opportunity, not only for me, but for my children who attended as well," Knowles said. "Giving back to the community is something all Sailors should be involved in."

Navy Counselor First Class Israel A. Cisneros of Navy Recruiting Station Dezavala, also a committee member with the San Antonio



Photos by Burrell Parmer

Culinary Specialist First Class Mary McConnell (far right) with Navy Information Operations Center San Antonio cheers on an athlete during the opening ceremonies of the Spring Games of Special Olympics Texas held at Frank Mata Stadium May 4.

Special Olympics, was thankful for all the Sailors who took the time to volunteer.

"If you've never participated with Special Olympics before, you would be amazed by the athletes," said Cisneros. "I always tell first time volunteers that you'll get 'hooked.'"

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Consumer Financial Protection Bureau chief warns of predatory business practices

By Senior Airman Cody H. Ramirez
374th Airlift Wing Public Affairs
Yokota Air Base, Japan

Holly Petraeus, the head of the Office of Servicemember Affairs at the Consumer Financial Protection Bureau, discussed predatory business practices and personal financial tips with the Yokota Air Base, Japan military community May 6.

Petraeus visited the base to hear firsthand of service members' financial hardships and to inform service members of her role at the CFPB, which opened its doors less than two years ago in the wake of the U.S. economic recession.

"There's really a double purpose for me when I go around to military bases and do town halls," Petraeus said. "The first is to let service members know that we are there for them and inform them of what we do."

"It is important to not only tell them what we do, but to hear about what financial issues they are running into because that is what really informs what I do," she added.

Petraeus said her job directly relies on service member feedback, which she takes to the political streets of Washington D.C. and Capitol Hill.

"I testify in front of Congress quite a lot," she added. "They ask me what issues service members are having and I want to hear it straight



Courtesy photo

Holly Petraeus, the head of the Office of Servicemember Affairs at the Consumer Financial Protection Bureau, speaks with service members.

from the horse's mouth – what their problems are. Those are the things I work on."

The CFPB enforces consumer financial laws making it easier for consumers to have a market place where products are visibly and honestly comparable to ensure a fair deal, Petraeus said. Her office is within that agency and focuses on supporting service members.

"I have a responsibility to see that service members get the financial information they need to make better consumer decisions, to monitor their complaints to us, and to work with other federal and state agencies on

consumer protection measures for the military," Petraeus added.

"The Office of Servicemember Affairs will ask CFPB bank and non-bank examiners to keep an eye out for military-specific issues," Petraeus wrote in an Office of Servicemember Affairs statement.

"When we find out about people breaking consumer financial protection laws to harm service members, we'll help CFPB enforcement teams take action against them. And we plan to make it easy for military personnel and their families to contact the CFPB with questions or complaints about consumer financial products and services."

want to go.

Petraeus, who moved 24 times in 32 years with her husband David Petraeus, former Army general and director of the Central Intelligence Agency, said a large financial difficulty for military members is how often they are required to move. Buying a home and having to move within a short period of time can make the decision to sell or not a difficult one.

Finally, Petraeus recommended service members take advantage of their financial planning help where they are stationed.

"Make a plan for financial success, so your money goes where you want it and it won't be one of those moments where you look back and wonder where your money went," she said. "That is something that can really serve you well."

Petraeus said she wants to hear from individuals who feel they are being treated unfairly in a financial situation.

"It not only gives us a chance to help you, but it tells our enforcement section who isn't being legal and who they should go after," she said. "You aren't only helping yourself, but you are also helping other service members."

To make a complaint, share your own financial experiences, or find out more information about the CFPB, visit <http://www.consumerfinance.gov>.



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News Briefs

Installation management career program seeks interns

Applications for interns in the Army installation management career program are being accepted. Selectees will be part of the inaugural group of future installation management professionals. Interns will collectively participate in a 24-month training and development program. With an initial assignment at the U.S. Army Installation Management Command headquarters on Joint Base San Antonio-Fort Sam Houston, selectees must sign a mobility agreement. The entry grade is GS-07, with potential growth to the GS-11 level at full performance. Go to <http://www.usajobs.com> and under "keyword search" type "installation management specialist" and/or "Fort Sam Houston." For more information, call 466-0467 or 466-0475.

Air Force Assistance Fund Campaign Extended

The Joint Base San Antonio Air Force Assistance Fund campaign has been extended through Friday. The goal for JBASA is \$445,500. AFAF contributions help Airmen in need of emergency funds for things like basic living expenses, aid with vehicle repairs, funeral expenses, etc. For more information, call 925-5721.

Armed Forces Day at Hondo Airport

The Tex Hill Wing and the Commemorative Air Force celebrate Armed Forces Day at the South Texas Regional Airport from 9 a.m. to 5 p.m. Saturday. Music will be provided by the Air Force Band of the West Gateway Brass. The event recognizes the Hondo Army Airfield's role in training navigators and pilots from 1942 to present, as well as honoring the achievements of the American volunteer group, the Flying Tigers, during WWII. Vintage aircraft of all types will be on display and attendees will have the opportunity for a ride on a WWII bomber. Event is open to the public. Entry is \$10 for adults and free for military personnel in uniform and children 12 and under. For more information, visit <http://www.texhillwing.com> or call 830-741-1162.

MRI Brain Study

The Wilford Hall Ambulatory Surgery

See INSIDE, P6

DOD, partners refine plans for Missouri earthquake response

By Patti Bielling
Army North Public Affairs

Catastrophic earthquake response in Missouri was the focus for a team of planners from the Defense Department and other federal and state partners who met May 7 to 10 in Kansas City, Mo.

The event was designed to understand and plan for a massive, multi-state earthquake in the New Madrid Seismic Zone, said Brian Ebert, who organized the event for U.S. Army North's Defense Coordinating Element VII based in Kansas City, Mo.

Imagining the impacts of a large quake along this fault line can cause consequence managers to lose sleep. The fault system is located roughly between St. Louis and Memphis, Tenn.

From 1811 through 1812, a series of powerful earthquakes shook Arkansas, Missouri and Tennessee.

The strength and type of tectonic shift, coupled with the geography of the region, caused the Mississippi River to temporarily reverse its flow and rattled church bells as far away as Boston and Toronto.

The fault is capable of producing damaging earthquakes at any time, according to the U.S. Geological Survey website.

The earthquakes of 1811-12 were estimated to be between magnitudes 7.0 to 8.0 and oc-



Photo by Patti Bielling

Federal Emergency Management Agency planner Brian Bowman provides an overview of New Madrid Seismic Zone response plans during a catastrophic earthquake response conference. The event, which ran from May 7 to 10, was organized by U.S. Army North's Defense Coordinating Element VII.

curred in an area that was sparsely populated.

If these events were to occur today, their effects would be catastrophic and would potentially affect several million people, across eight states, and indirectly affect millions of others.

Thinking about how to respond to these effects is the job of Brian Bowman, a Federal Emergency Management Agency planner. He is also a Missouri Air National Guardsman based in Kansas City, Mo.

Bowman said he credits the emergency managers in the state

of Missouri with sharing their expertise, helping him understand the possible effects and coordinating closely on a joint planning effort.

The initial response to a major quake will be based on a set of assumptions – things that state and federal planners believe may occur, Bowman said.

"When the big shake happens, we will initially have incomplete information, so the plan gives us a place to start," he explained.

"As we gain more information about the reality of the damage on the ground, we'll begin producing an inci-

dent action plan and be able to make decisions based on information that's real and not just theoretical."

The conference brought together more than 65 local, state and federal planners.

The focus for Army North's Defense Coordinating Element VII was to gain a better understanding of the state plans and resources in order to identify capabilities that the Department of Defense may be asked to provide, said Col. Ed Manning, a defense coordinating officer.

Manning's nine-person element works daily

with state and federal consequence managers in the four-state region of Iowa, Kansas, Missouri and Nebraska.

They applied observations from their November deployment to coordinate federal military support to New York City following Super Storm Sandy.

"The Sandy response was one of the most complex in the United States in recent times," Manning said.

"There were a lot of cascading effects. Tunnel flooding and damage to fuel infrastructure disrupted subway, car and bus transportation; basement flooding knocked out power, heat, and trash incinerators for thousands of residents living in high rises."

With Sandy lessons fresh in their minds, members of the Defense Coordinating Element said they focused on trying to identify potential cascading effects in a New Madrid event in order to refine their own plans.

Consequence managers believe that a magnitude 7.7 earthquake in the New Madrid region would create far-reaching effects, likely disrupting dams, power, fuel distribution, road networks and communications in states well outside the Seismic Zone.

"We decided to bring our partners together so we in the Department of Defense could all understand what we might be asked to do for a large New Madrid earthquake," Manning said.

"The key to a complex response will be unity of effort – just as it was for the Sandy response – and we want to be value added."

Local students submit Earth Day posters

By Steve Elliott
JBSA-FSH Public Affairs

Students from throughout the Joint Base San Antonio school districts showed their concern for the Earth and its environ-

ment by creating a variety of colorful posters celebrating Earth Day, which was April 22.

The poster competition was open to grades kindergarten through 12th grade, with 42 posters

turned in and four overall winners chosen in kindergarten, elementary school, middle school and high school categories.

Artists were allowed to use traditional media such as oil, acrylic, tempera,

watercolors and illustrations, as well as computer graphics, in their original concepts. Submissions had to represent the unique style and imagery of Earth Day and reflect the spirit of all JBSA locations.

In the kindergarten category, Maria-Sofia Lundy from Randolph Field Independent School District's Randolph Elementary School took top choice with her three-dimensional presentation

titled "Take Care of My Earth."

In the elementary school category, third-grader Robyn Gleason of Randolph Elementary School took the top spot with her watercolor artwork titled "Every Day is Earth Day."

For the middle school category, sixth-grader Julia Harper from Stacey Junior/Senior High School from the Lackland

ISD on JBSA-Lackland won with her crayon rendering titled "Think Twice About Littering."

In the high school category, senior Joyce D. Flores from Randolph High School took first place with a digitally created work titled "Reuse, Reduce, Recycle."



Maria-Sofia Lundy, kindergarten, "Take Care of My Earth."



Robyn Gleason, elementary school, "Every Day is Earth Day."



Julia Harper, middle school, "Think Twice About Littering."



Courtesy artwork

Joyce D. Flores, high school, "Reuse, Reduce, Recycle."

New kind of ER may not be TRICARE authorized

TRICARE beneficiaries may have noticed new kinds of “emergency centers” popping up in their area.

It may seem like a tempting health care option but, free-standing emergency rooms that are not affiliated with a hospital may not be TRICARE-authorized.

If a provider – such as a free-standing ER – is not authorized, then TRICARE is prohibited from paying it “facility fees.” That can leave a beneficiary stuck with a big bill.

Beneficiaries need to “know before you go.” Check a free-standing ER’s TRICARE status – before emergency care is needed.

TRICARE defines an emergency department as an organized, hospital-based facility available 24 hours a day providing emergency services to patients who need immediate medical attention.

Emergency departments affiliated with a hospital are most likely



TRICARE-authorized providers.

Beneficiaries who seek care at a free-standing ER need to ask if the facility is affiliated with a hospital-based emergency department. If it isn’t, the beneficiary will need to make a decision about getting care elsewhere or being responsible for the facility charges.

Beneficiaries can check if a provider is TRICARE-authorized by calling their regional contractor. Contact information for regional contractors is available at <http://www.tricare.mil/contactus>. All TRICARE network providers are also searchable at <http://www.tricare.mil/findaprovider>.

Learn more about emergency care under TRICARE at www.tricare.mil/emergency.

(Courtesy TRICARE)

Stay current, update your DEERS information now

As summer approaches, many service members and their families are gearing up for permanent change of station moves, and retirees may be heading north after spending the winter in warmer climates.

An important part of any move for TRICARE beneficiaries – active, reserve and retired – is updating their Defense Enrollment Eligibility Reporting System information to make sure their

health care follows them to their new address.

This means making sure that all personal information - phone numbers, postal and email addresses – is up to date.

Also, just like when moving, sponsors who experience any of the following life events must update their DEERS records as soon as possible:

- Activation,
- Deactivation,

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News Briefs

Continued from P3

Center is seeking volunteers to take part in a MRI brain study sponsored by the Air Force Surgeon General's office. Applicants need to be active duty, between 26 and 50 years old and have a doctorate-level education. The study will provide a normative baseline allowing comparison to high-resolution MRI abnormalities already detected in Air Force pilots. Call 292-0476 for more information.

Military Clothing Sales Offer Free Alterations For Wounded Warriors

The Army and Air Force Exchange Service offers free alterations and modifications for severely wounded, ill and injured Soldiers at all 79 Army Military Clothing stores around the world. This Army-led initiative ensures all wounded Soldiers receive free alterations and modifications on all issued uniforms in accordance with the Wounded Warrior Clothing Support Program, to include the Army Service, Combat and Improved Physical Fitness uniforms as well as undergarments. Eligible Soldiers must present an approved Army Form 3078 along with the prescribed modifications by their physical or occupational therapist to receive free services.

CPAC Furlough Call Center

The Joint Base San Antonio-Fort Sam Houston Civilian Personnel Advisory Center established a Furlough Call Center. at 466-3065 or 221-1425 or email usarmy.jbsa.hqda-cpac.mbx.inquiry@mail.mil. For the latest furlough information, visit the CPAC website at <http://www.samhouston.army.mil/cpac/>.

Wounded Soldier and Family Hotline

The Army chief of staff and the secretary of the Army established the Wounded Soldier and Family Hotline to give Soldiers and their families a place to share their concerns on the quality of care received. It also provides Army senior leadership with a valuable tool to determine if appropriate resources are devoted to solving medical-related issues in timely and comprehensive fashion. The hotline is available around the clock at 800-984-8523, DSN 421-3700 or via email at wsfsupport@amedd.army.mil.

San Antonio community, military join for America's Armed Forces River Parade

By Lori Martin
Creative Civilization

San Antonio, known as Military City, U.S.A., celebrates National Armed Forces Day with the Paseo Del Rio Association's annual America's Armed Forces River Parade at 6 p.m. Saturday at the Arneson River Theater.

The procession is a unique event, held on the world-famous San Antonio River Walk and featuring 25 professionally decorated river barges, which are themed according to their participants, including all branches of the military, veterans, military support groups and more.

Lt. Gen. Douglas H. Owens, vice commander of Air Education and Training Command, will act as grand marshal of the parade.

This year, members of Great Britain's Chelsea Pensioners will participate in the parade as allies unite to celebrate the armed forces community.



Photo by Staff Sgt. Keith Anderson

Parade-goers at last year's parade were entertained by a variety of musical acts, including this trio of singers from the USO sporting World War II-vintage uniforms.

The parade, presented by Budweiser, is an event shared in communities throughout the country, with more than 55 cities signed on to host the syndicated broadcast, along with the Pentagon Channel, which will share the parade with its global network of Armed Forces viewers.

With four distinct military locations employing 90,000 men and women, there is no

more appropriate place to host this national celebration than in San Antonio.

"For more than 200 years, the military has played a key role in creating the proud, economically vibrant San Antonio that is widely known as Military City U.S.A.," said San Antonio Mayor Julián Castro.

"Hosting the America's Armed Forces River Parade reflects

the entire community's commitment to honoring the valor and sacrifices of the brave men and women who have served, or are currently serving, in the armed forces," Castro added.

Last year, the PDRA initiated the first-ever military river parade, attracting thousands of visitors from across the state to salute and celebrate the men and women of the armed forces.

"Following the parade, a 90-year-old WWII veteran who rode on one of our barges told me that this was the single biggest honor he had been given since his return from duty," said PDRA executive director Nancy Hunt. "That is incredible to me."

"To be able to come together as a community each year and provide the men and women of our Armed Forces with a celebration to thank them for all they have given, and continue to give for our country – to me, that is what this parade, and this city, is all about," Hunt added.

The parade is free to view from the patios and balconies of River Walk businesses or from the banks of the San Antonio River Walk.

Reserved seating is available for purchase at the Arneson River Theatre for \$20. To purchase tickets online, visit <http://www.thesanantonioriverwalk.com>.

U.S., Mexican military leaders meet to maintain strong relations

By Lt. Col. Tim Beninato
Army North Public Affairs

Senior Army leaders from the United States and Mexico gathered in San Antonio May 6 through 10 as part of a weeklong program designed to enhance relations between both armies.

Established after World War II, the Fifth Army Inter-American Relations Program

is held annually in the U.S. and provides senior Mexican military officers exposure to the U.S. military, government agencies and culture.

"This program is just one of several ways we engage with our Mexican counterparts," said Lt. Gen. William B. Caldwell IV, commanding general, U.S. Army North (Fifth Army) and senior Army commander.

"Our partnership with the Mexican Army is strong and events like this serve to build trust and enhance cooperation along our shared border."

Caldwell hosted a reception in his home May 7 for six senior Mexican officers and several other distinguished guests from the San Antonio area.

The FIARP events took place on Joint

Base San Antonio-Fort Sam Houston May 7 and included briefings at the U.S. Army North headquarters, tours of the Fisher House and Warrior and Family Support Center, as well as a visit to the Center for the Intrepid to meet with wounded warriors.

FIARP members also traveled to Fort Hood to visit with several Army units, then toured the city of Austin visit-

ing the Texas National Guard headquarters and toured the Capitol.

"In the end, FIARP is about cooperation and building lasting partnerships," Caldwell said.

"My goal is that this program strengthens the ties between our armies and demonstrates our shared commitment to the safety and security of North America."

Pertussis cases prompt alert from JBSA health officials

By Robert Goetz
JBSA-Randolph Public Affairs

Two recent confirmed and treated cases of pertussis at the Joint Base San Antonio-Randolph Medical Clinic have prompted 359th Aerospace-Medicine Squadron Public Health Flight officials to raise awareness of the disease and to encourage people to immediately seek medical help if they have been exposed to it or exhibit the symptoms.

The cases, which occurred in April, involved elementary school students in the Judson and Schertz-Cibolo-Universal City independent school districts who are Department of Defense beneficiaries.

"There is no cause for alarm, but due to the progressive spread of in-

fection, awareness has to be increased to local and neighboring schools and districts," said Senior Airman Shannon Anderson, 359th AMDS Community Health Element preventive medicine technician.

"Our public health flight's primary objective is to break the chain of infection. We will continue to closely monitor this situation and keep Joint Base San Antonio members informed."

Pertussis, also known as whooping cough, is a highly contagious bacterial respiratory infection seen in all age groups, but is most dangerous for children under 1 year old, especially infants less than 6 months old, he said.

It may begin with cold-like symptoms such as runny nose, low-grade fever and a mild, occa-

sional cough that gradually becomes more severe and may last for several weeks or even months. In some cases, deep breaths result in a "whooping" sound.

Maj. William Lujan, 359th AMDS Public Health Flight commander, said the 359th Medical Group worked with the Texas Department of State Health Services, Region 8 on the confirmed cases at the clinic.

"We work together on cases like these," he said. "We make sure all household contacts are treated because pertussis is very contagious."

Pertussis is spread from person to person, according to the Centers for Disease Control and Prevention. People with the infection spread it by coughing or sneezing while in close contact

with others, who breathe in the pertussis bacteria.

"Anyone with a cough illness lasting two weeks or longer and/or anyone who has attacks of coughing should be evaluated for pertussis and should avoid close contact with others until evaluated by a health care provider," Anderson said.

Capt. Michael Scanlon, 359th AMDS Public Health Flight deputy commander, said medical facilities must follow a certain protocol for pertussis patients.

"When people talk to their medical provider, they should make it clear they or their children are potential pertussis cases," he said. "We have to make sure it's not spread to other patients."

It's also important that potential pertussis pa-

tients call ahead of time before visiting the clinic, Lujan said.

"The last thing you want is for them to sit in the waiting room," he said. "We'd rather they call ahead if they believe they have pertussis. We'll make arrangements for them to meet us in the back of the facility, provide them with a breathing mask and take them to a less populated part of the clinic."

Vaccines are the best defense against pertussis, Lujan said. "It's not 100 percent, but it will make symptoms less serious in most cases," he said.

The recommended vaccine for children, called DTaP, protects them against diphtheria, tetanus and pertussis and is administered five times before the age of 7 for maximum protection,

Anderson said. A booster vaccine, called Tdap, is recommended at 11 or 12 years old and at 19 years of age and older for those who didn't get the Tdap vaccine as a preteen.

Treatment of pertussis involves a five-day course of antibiotics, he said. Patients on antibiotics should stay home and avoid contact with all persons outside of the household for those five days.

According to the CDC, more than 27,000 pertussis cases were reported in the U.S. in 2010, the most since 1959, when 40,000 cases were reported. Worldwide, there are an estimated 30-50 million cases and about 300,000 deaths per year.

The incidence of pertussis varies from year to year, but tends to peak every five years, Lujan said.

For more information, call 652-1876.

Learn how to protect your hearing

By Col. Marjorie Grantham
Army Hearing Program Manager
U.S. Army Public Health Command

While most of us are aware that hazardous noise damages hearing, learning how to protect ourselves in a world of sometimes dangerous sounds is just not intuitive.

Whether your favorite noisy recreational activity involves shooting, hunting, musical concerts, working out to tunes on your personal listening system, jamming with your band, boating or fishing on your favorite local waterway, achieving the perfect garden or taking in a sporting or Scouting events – there is a hearing protector that is right for you.

You can reduce your hazardous sound exposure by listening to music below the halfway point for the volume control, by limiting your listening time and by



Courtesy illustration

giving your ears some quiet time to recover.

How do you know when you need hearing protection?

If you are standing three feet away from someone, and have to raise your voice above the background sounds, or if you are facing someone and the noise is so loud that you cannot hear them from this distance, use hearing protectors.

Earplugs, earmuffs and communications and protection systems come in many different styles.

If you are unsure whether hearing protectors fit or are the right kind for the sounds you experience, check with an audiologist or hearing technician.

Even very young children can wear earplugs, as very small sizes are available.

Remember that proper insertion, before you go into the noisy environment, is the key to your hearing preservation.

For example, be sure foam earplugs are inserted at least three-fourths of their length into the ear canal.

It's not inevitable that you retire from the military with hearing loss.

Research shows if you wear proper hearing protection and at the right time, you'll retire from service with your hearing intact.

Best of all, you can enjoy your favorite sounds off duty as well.

For more information, visit the U.S. Army Public Health Command website at <http://phc.amedd.army.mil/>.



The U.S. Air Force Honor Guard Drill Team performs during the 2013 Joint Service Drill Exhibition at the Lincoln Memorial in Washington, D.C., April 13. The exhibition was held to showcase excellence and precision within the Armed Forces.

Photo by Staff Sgt. Nichelle Anderson

Air Force Honor Guard seeking a few good men ... and women

By Senior Airman
Bahja Joi Jones
11th Wing Public Affairs
Joint Base Andrews, Md.

The U.S. Air Force Honor Guard is on a mission to find new, motivated Airmen to

join their ranks and represent the excellence and precision of the Air Force.

In particular, the Honor Guard is seeking noncommissioned officers, or "lateral" recruits to balance the

unit, which is currently made up of primarily junior enlisted Airmen.

"Eighty five percent of the squadron is first term Airmen," said Nelson Ashley, U.S.

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HONOR from P10

Air Force Honor Guard Formal Training director. "Laterals bring Air Force knowledge and experience, which is beneficial to help to mold and mentor our young Airmen."

Noncommissioned officers in the Honor Guard have a unique opportunity to lead a dynamic group of Airmen while learning all aspects of drill and ceremony and military customs and courtesies.

"While serving here, Airmen will hone skills such as attention to detail, military bearing and pride in being an Airman," Ashley said. "They will acquire traits that will help them to stand a little taller, wear the uniform a little prouder and be a model of our core values."

Just as important as gaining more NCOs to lead the Honor Guard

troops, increasing the diversity in the Honor Guard is also among their priorities. Females make up approximately 20 percent of the Air Force, but less than two percent are represented in the Honor Guard.

"Diversity enhances our capabilities and gives the Air Force a greater competitive edge in air, space, and cyberspace," said Senior Master Sgt. Meshelle Dyer, Air Force Honor Guard chief enlisted manager.

"The Air Force Honor Guard represents every Airman to the nation and the world. Our diversity enhances the Air Force's abilities to attract, recruit, develop, mentor and retain the best possible Airmen."

Airmen selected to be a part of the Air Force Honor Guard will complete a three or four-year controlled tour during which they have an op-

portunity to participate in ceremonies for the President, Secretary of Defense, Chief of Staff of the Air Force, among other national and international dignitaries.

However, the duty they train for the most is also the most rewarding - to honor Airmen and their families every day during funeral services at Arlington National Cemetery.

"The Air Force Honor Guard represents the Air Force to the nation and the world," said Chief Master Sgt. Dennis Douglas, 11th Operations Group Ops Cell chief. "If you're looking for a challenge, if you're looking for an opportunity to lead, choose the Air Force Honor Guard."

For more information on how to join the Air Force Honor Guard, visit <http://www.honorguard.af.mil/recruiting/index.asp>.

Adaptive sports aids in Soldier's recovery

By Maria Gallegos
BAMC Public Affairs

When service members deploy, their mentality is to stay focused, with determination and courage to succeed in their given mission.

However, when they are injured in combat, staying focused is not about the mission, it's about getting back confidence that is sometimes lost.

Sgt. Ryan McIntosh was an avid athlete who was heavily involved with sports throughout high school. He competed in track and played football and even semi-professional football.

After high school, McIntosh joined the Army as an infantryman in 2010. He deployed to Afghanistan shortly after he graduated from basic training in Colorado in April of that year.

Everything was going well and as planned until one day, unexpectedly, his life changed forever.

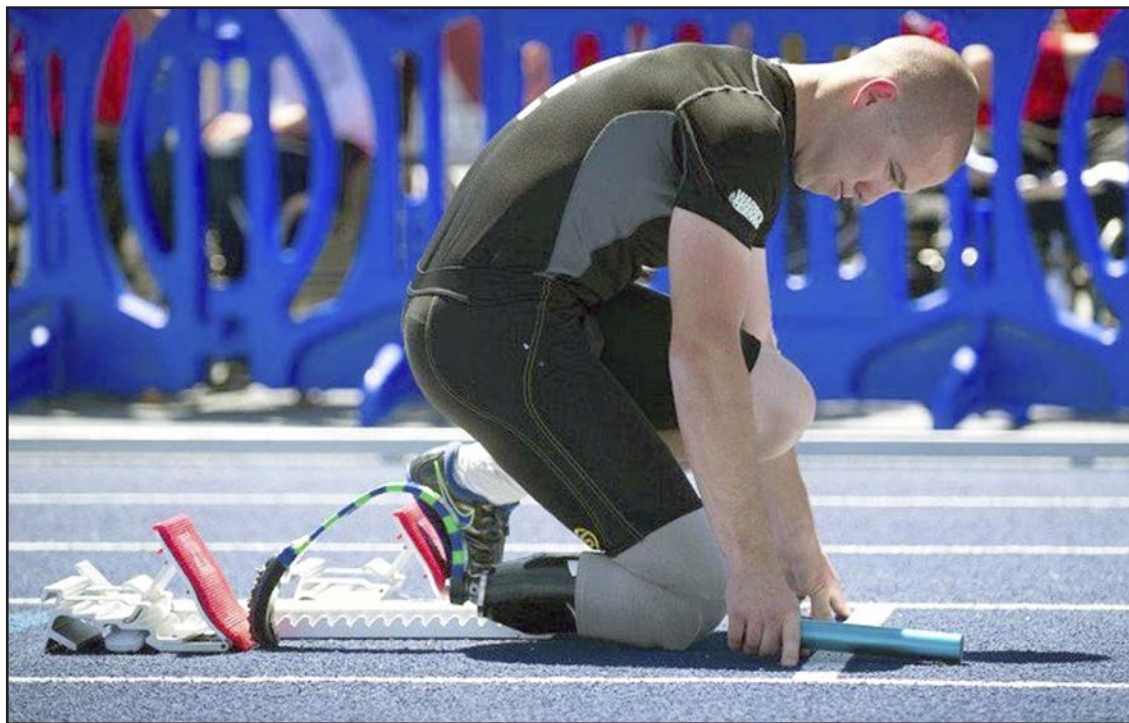
Just two months into deployment, he was out on a routine orchard-clearing foot patrol when he stepped on a pressure plate land mine. The explosion ultimately resulted in an amputation to his right leg below the knee.

He has been treated at Brooke Army Medical Center since the incident and is rehabilitating at the Center for the Intrepid.

At first, McIntosh was not sure about jumping back into sports due to his injuries, but with friends' persistence, he gave sitting volleyball a try. Ever since then, he has been participating in most, if not all, adaptive sports for wounded warriors.

"From the beginning I wanted to get back on my feet as quickly as I could," said McIntosh. "I'd always been an athlete. It was a passion of mine. When I got hurt, I lost track of it, thinking I'm not able to do what I used to do because I got hurt."

"After two months into my



Courtesy Photo

Sgt. Ryan McIntosh gets ready to compete in the track competition during the 2012 Army Warrior Games in Colorado. He took home the gold medal in wheelchair basketball, silver medals in two track events and a bronze medal in swimming.

recovery, I reluctantly gave sitting volleyball a try," he continued. "I was hooked. That transitioned into me finding every sport that I could possibly be able to play, then I started getting into wheelchair basketball, which led me into running track."

McIntosh continued to get involved with different sports



Courtesy Photo

Sgt. Ryan McIntosh gets into position during the wheelchair basketball competition at the 2012 Army Warrior Games in Colorado.

and realizing every time he participated, he felt like he "is the same person, before the injury."

"I felt that I was still competitive. I was still athletic. That didn't change because I lost my leg," McIntosh said. "It just propelled me to work harder to do what I wanted to do."

That endurance and stamina led him competing in the 2012 Army Warrior Games. He took home the gold medal in wheelchair basketball, silver medals in two track events and a bronze medal in swimming.

"I was honored and excited to be given the opportunity to compete among the top athletes across the country," McIntosh said.

Even though he was considered unfit for duty after his medical evaluation board, he remains active duty on the Continuation on Active Duty, or COAD, a program that provides an opportunity for wounded warriors to continue to serve in the Army on active duty or active reserve.

– from competition training to reconditioning Soldiers to learning new ways of playing sports with their children.

"I have the passion for what I do because I see what it did for me. I recovered because when I was hurt I was in a state that I thought I couldn't do anything," McIntosh said.

"Once I got into sports, it helped me mentally, physically and emotionally to just get back into the lifestyle before I got hurt. I'm helping others to have an open mind and not let their injuries get in the way."

McIntosh was scheduled to compete in swimming, track, field, sitting volleyball and wheelchair basketball at the 2013 Warrior Games at Colorado Springs, Colo., which wrapped up Thursday.

"I was honored to be selected again. I was more mentally prepared this year and have upped my training regimen just because I don't want to get behind other services," he said. "I have trained harder to get better from last year."

Studies show disabled veterans who participate in adaptive sports have less stress, reduced dependency on pain and depression medication, and higher achievement in education and employment.

"I know I can't do the job I used to do, but I can still help the Army," he said.

McIntosh is now the adaptive sports noncommissioned officer in charge with BAMC Warrior Transition Battalion. He helps Soldiers get back to sports and stay physically fit at all levels



Courtesy Photo

Sgt. Ryan McIntosh reaches for the ball to score during the wheelchair basketball competition at the 2012 Army Warrior Games in Colorado. He took home the gold medal in wheelchair basketball, silver medals in two track events and a bronze medal in swimming.

BAMC Soldiers take part in 2013 Warrior Games



By Marsha Huffman
BAMC Public Affairs

Six wounded warriors from Brooke Army Medical Center Warrior Transition Battalion recently geared up to compete in the 2013 Warrior Games at Colorado Springs, Colo., which took place Saturday through Thursday.

Maj. Thomas Davis, Master Sgt. Rhoden Galloway, Staff Sgt. Michael Lage, Sgt. Delvin Matson, Sgt. Ryan McIntosh and Spc. Quinton Picone were chosen to represent the Army team, which competed against 200 athletes from all military services.

The competition allowed wounded, ill and injured service members and veterans the ability to showcase their physical capabilities in archery, cycling, shooting, wheelchair basketball, swimming, sitting volleyball and track and field.

To master these skills, the Soldiers trained vigorously four times a week. BAMC WTB staff and other warriors were also involved with the training regimen to help them boost their morale and confidence to excel in the Warrior Games.

They all agreed that it is more than winning a medal – it's about overcoming the challenges of their disabilities.

Lage, despite his combat injuries and a recent sprained ankle, competed in cycling and shooting. He said he doesn't let his injuries hinder him from doing what he loves to do.

"I have to be active. I've always been athletic and very competitive," he said. "I learned to shoot when I was a kid and I've been riding the recumbent tricycle for a year. I also cycled about 300 miles recently with the Ride2Recovery cycling tour.

"Participating in adaptive sports gives me an outlet in a nonaggressive, competitive way," he added. "When I'm cycling I listen to music or think about my past and my future. Other than winning, my motivation is to show others that your life is not over – it gets easier. Don't give up."

McIntosh said warriors should have an open mind and not let their injuries get in the way of getting back to normal.

As a returning 2012 Warrior Games participant and BAMC WTB adaptive sports

noncommissioned officer, he trains hard to be mentally and physically prepared to compete again in track and field, wheelchair basketball, swimming, and sitting volleyball.

Competing for the third time, Galloway isn't new to the game and is scheduled to compete in cycling and swimming this year. He believes that participating in Warrior Games builds self-esteem, motivation, and inspiration for the wounded warriors.

"I watch the Soldiers overcome unreal obstacles and perform at world class levels," he said. "I see and hear about others taking on life, exploring things they never thought of and challenging their minds and bodies to do things that most healthy humans attempt to do."

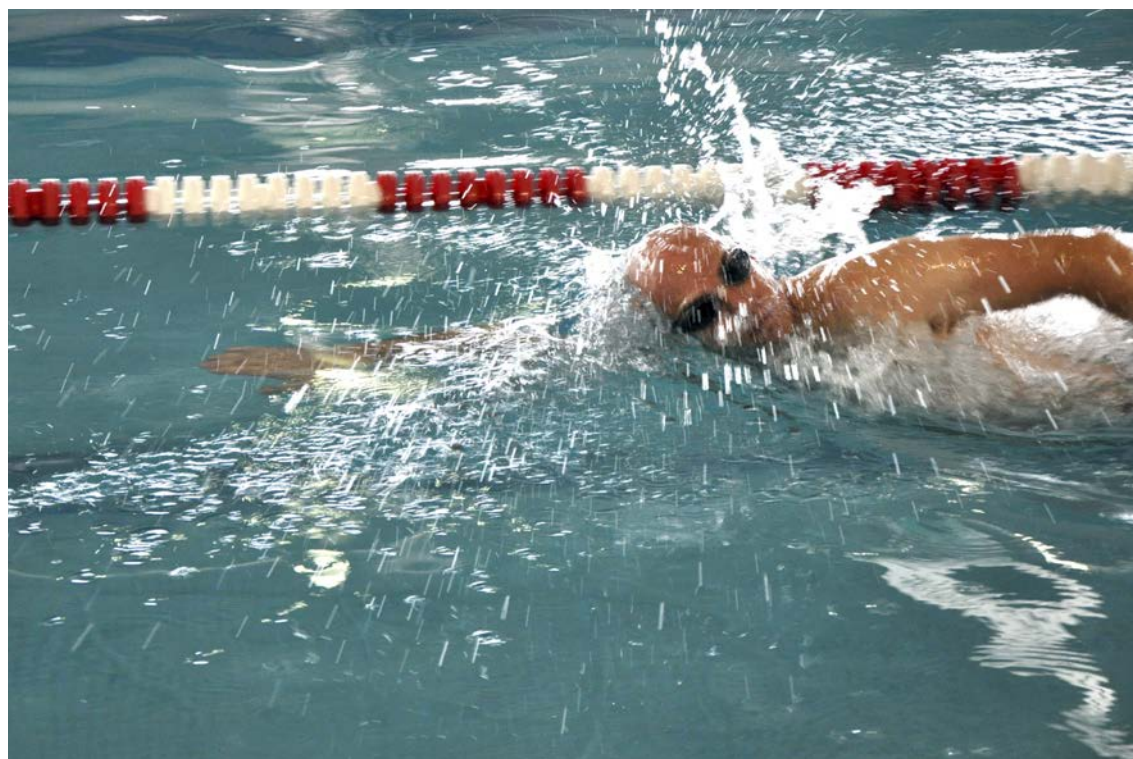


Photos by Robert Shields

Staff Sgt. Michael Lage practices on his tricycle during his training to prepare for the 2013 Warrior Games. This was his first year in the competition and was scheduled to compete in cycling and shooting.



Sgt. Ryan McIntosh works on his muscles to prepare for the discus throw and shot put competition in the 2013 Warrior Games. McIntosh, a returning participant, competed in track and field, wheelchair basketball, swimming and sitting volleyball.



Master Sgt. Rhoden Galloway practices his 100 meter freestyle form at Jimmy Brought Fitness Center swimming pool on Joint Base San Antonio-Fort Sam Houston. A returning competitor, he swam four times a week and cycled twice a week to prepare for the 2013 Warrior Games in Colorado Springs, Colo.

U.S. Army Medical Information Technology Center analyst has new style of green thumb

By David Payne
USAMITC Public Affairs

A procurement analyst and applications administrator at the U.S. Army Medical Information Technology Center on Joint Base San Antonio-Fort Sam Houston is making a name for himself in a completely new field of endeavor – aquaponic gardening.

Aquaponics is the cultivation of plants in nutrient solution rather than in soil.

While it may sound like science fiction to the average American, it has been around for hundreds of years. Terry Cross is the USAMITC resident expert in this unique variety of gardening.

Cross retired from the Air Force in 2007 and has been working at USAMITC since 2010.

Known as a “jack of all trades” to his co-workers, Cross has been passing out veggies grown in his aquaponic garden to his fellow employees for several years. He said he has grown more than 300 different varieties of tomatoes in his garden plot.

“I’m a big believer in naturally raised produce and have been growing non-genetically modified organisms for eight years,” Cross said.

Cross became interested in aquaponic gardening because it has a minimal impact on the environment.

The practice can be

traced back to Sir Francis Bacon, who wrote “Sylva Sylvarum” back in 1627. It was a landmark treatise on how to grow produce using water and little to no soil.

Cross studied the history of this growing method and began creating his own aquaponic lab.

According to the Growing Power, Inc. website (<http://www.growingpower.org/aquaponics>), aquaponics is the symbiotic cultivation of plants and aquatic animals in a recirculating system.

Some gardeners use tilapia and yellow perch to fertilize a variety of crops and herbs.

Crops grow vertically on raised beds. Fish such as tilapia and yellow perch are raised in a large tank of water.

By using gravity as a transport, water is drained from the fish tank into a gravel bed, according to the website. Beneficial bacteria break down the toxic ammonia in fish waste to nitrite and then to nitrogen, a key nutrient for plant development.

On the gravel bed, watercress can be used as a secondary means of water filtration. The filtered water is pumped from the gravel bed to the growing beds.

The water is wicked up to the crops roots with the help of coir, a by-product of coconut shells and a sustainable replacement for peat moss. Finally, the water flows from the growing beds back into the tank of fish.

The entire system is simple, being made only of water, plants, fish and nitrogen.

“It is referred to as a closed-loop system,” Cross said, explaining the makeup of his system. “My ultimate goal is to have a baked tilapia with a salad, with all parts of the meal raised in my aquaponic garden.

“This garden will be able to regenerate itself with little supervision. My biggest chore will be to monitor the pH levels in the water.”

“I have grown non-GMO (genetically modified organisms)

tomatoes, peppers and beans for more than eight years,” Cross said. “Aquaponics is a self-sustaining organic produce mechanism, which requires very little time for me to manage.”

Cross also has plans to add solar power as a power source for his garden. “When I add solar to the mix, I will be living ‘off of the grid,’” Terry said.

While no one will confuse Cross with a doomsday prepper, he still fancies the idea of keeping the environment as clean as he can by using the aquaponic method and relying upon nature as his power source.

For more information on aquaponics, Cross recommends the following websites: <http://www.texasaquaculture.org/> or <http://www.texasaquaponicgroup.com/>.



Photo by David Payne

Terry Cross, a procurement analyst and applications administrator at the U.S. Army Medical Information Technology Center, holds up one of the tilapia he uses in his aquaponic garden. Aquaponics is the symbiotic cultivation of plants and aquatic animals in a recirculating system.

Did you know?

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service.

It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.



MISSION BREAKFAST

feeds more than 10,000 plus on JBSA-Fort Sam Houston



Photo by L.A. Shively

Army Col. John Lamoureux (left), 502nd Mission Support Group commander, and Terry Whiteside (middle), chaplain for Joint Base San Antonio-Fort Sam Houston, join Rhonda Vincent (right) in a rendition of "Amazing Grace" during the JBSA-Fort Sam Houston's Mission Breakfast event on the MacArthur Parade Field Tuesday. A free pancake and sausage biscuit breakfast accompanied by bluegrass music from Rhonda Vincent and The Rage entertained approximately 10,000 military, family members, retirees and civilian employees. Along with breakfast, door prizes and goody bags were available for everyone that included items such as coffee mugs and cast-iron pans during the celebration of the Defense Commissary Agency's JBSA-Fort Sam Houston store winning a competition for best presentation of Smucker's products.



Photo by Steve Elliott

A group of Sailors takes a moment from breakfast to pose with the Pillsbury Doughboy, the Dunkin' Donuts and Smucker's Uncrustables mascots during the Mission Breakfast event at MacArthur Parade Field Tuesday.



Photo by Lori Newman

Navy Hospital Corpsman 2nd Class Natalie Arriaga and Air Force Tech. Sgt. Kimberly Hoh enjoy each other's company during the Mission Breakfast event at JBSA-Fort Sam Houston's MacArthur Parade Field Tuesday.



Photo by Lori Newman

Brig. Gen. Theresa C. Carter, Joint Base San Antonio and 502nd Air Base Wing commander, speaks to Airmen at the Mission Breakfast event at MacArthur Parade Field Tuesday.



Photo by Kathy Salazar

Service members on Joint Base San Antonio-Fort Sam Houston enjoy a free breakfast Tuesday during Mission Breakfast. The J.M. Smucker Company donated the breakfast items because the JBSA-Fort Sam Houston Commissary won a display competition last September.



A volunteer offers free pancakes to the hungry crowd during the Mission Breakfast event at MacArthur Parade Field Tuesday. In addition to pancakes, sausage, biscuits, fruit spreads, muffins, juice and coffee, active duty service members, retirees and their families at Joint Base San Antonio-Fort Sam Houston also enjoyed live bluegrass music and received goody bags from the J.M. Smucker Company.

Photo by Steve Elliott

Cole tracksters strike gold in Austin

The Robert G. Cole High School Lady Cougars track team won the gold medal in the girls 4x400m relay at the University Interscholastic League state track and field meet in Austin May 11.

The team of freshman

Charlene Jordan, senior Jamie Douglas, junior Jalen Gomez and senior Jasmine Brinson also shattered the school record in both the 4x400m relay and 4x100m relay (fifth place at state). Their performance placed Cole High School

eighth out of all the 2A schools in Texas.

In boys' competition, senior Stefan Arnold placed fourth in both the 3,200 meter and 1,600 meter. He broke his own school record in both events. Sophomore Armonis Russ also



placed seventh in the 400 meter race.

FSH School Ages Services receives national accreditation

The Joint Base San Antonio-Fort Sam Houston School Age Services program recently received National accreditation from the New York-based Council on Accreditation by demonstrating the implementation of best practices in the field of human services.

"School Age Services provides a seamless de-

livery of quality care and services for eligible children and youth in grades kindergarten through fifth grade that enhance military readiness and reduce conflicts between parental responsibilities and their mission requirements," said SAS director Kathleen Hatley.

In addition to numerous activities and programs offered, SAS

also has before and after school programs, all day camp and hourly care.

COA accreditation is an objective, independent and reliable validation of an agency's performance, involving a detailed review and analysis of the organization's administration, management and service delivery functions.

The COA is an inde-

pendent accreditor of community-based behavioral health care and social service organizations in the United States and Canada. It is also the only accreditor designated by the Department of Defense to develop accreditation standards and processes for human service programs provided to military members and their families.

FSHISD WEEKLY CAMPUS ACTIVITIES

Fort Sam Houston Elementary School

Tuesday

Field day, 8 a.m., pre-kindergarten through fourth grade

Wednesday

Maturation program, fourth grade, 8 a.m.

"Step-Up Day," pre-kindergarten through fourth grade

Thursday

Measurement Mania Day, kindergarten through third grade

May 24

PTO Dad's Day, 7:30 a.m. through 3 p.m.

Robert G. Cole Middle and High School

Monday

Spring 'C' awards, 6 p.m., Cole gym

Tuesday

UIL academic state meet,

University of Texas at Austin

National English Honor Society movie night, 4:30 p.m.

Wednesday

UIL academic state

meet, University of Texas at Austin

Cole eight grade JA finance park field trip, 8:10 a.m. departure

NJHS Induction Ceremony, 4:30 p.m., middle school mall

Thursday

Gifted and Talented Showcase, 4:30 p.m., middle school mall

May 24

Middle school end-of-year-awards, sixth grade in sixth period, seventh grade in fifth period, eighth grade in fourth period, Moseley Gym

May 25

Project Graduation field trip and lock in

VISIT NEWS LEADER ONLINE: [HTTP://WWW.JBSA.AF.MIL](http://www.jbsa.af.mil) OR [HTTP://WWW.SAMHOUSTON.ARMY.MIL/PAO](http://www.samhouston.army.mil/pao)



Hearts Apart

Friday, 11:30 a.m.-12:30 p.m., Warfighter and Family Readiness, Building 2797. Call 221-9079.

Fort Sam Houston ISD Seeks Board Members

The Fort Sam Houston Independent School District is soliciting nominees for three openings on the board of trustees. Candidates, civilian or military, must live or work on JBSA-Fort Sam Houston. Trustees must take an official oath of office and serve without compensation. Interested applicants must submit a resume to the School Liaison Office, Building 2797, by Friday. Call 221-2214 or 221-2256.

Armed Forces 5K

Saturday, 7 a.m. beginning at the Fitness Center on the Medical Education and Training Campus. Call 808-5708.

Blacklight Zumba Fest

Saturday, 7-9 p.m., at the Fitness Center on the METC. Admission is \$12. Call 808-5709.

Cycle and a Movie

Spinning advocates can ride along with the dinosaurs as they watch Jurassic Park Saturday, 6 p.m. at the Jimmy Brought Fitness Center. Call 221-1234.

Youth Midnight Basketball

Saturday, 7 p.m., middle and high school basketball players can play the night away at the Middle School Teen Center. Call 221-3502.

Army Pride

Monday, 7:30 a.m.-3:30 p.m., Fort Sam Houston Elementary School. Call 221-0349.

H.U.G.S. Playgroup

Tuesday, 9-11 a.m., Middle School Teen Center, Building 2515. Call 221-0349.

Saving and Investing

Tuesday, 9 to 11 a.m., Warfighter and Family Readiness, Building 2797. Call 221-2380.

Pre-Deployment Planning

Tuesday, 9 a.m.-3 p.m., Warfighter and Family Readiness, Building 2797. Call 221-0626 or 221-0946.

Budgeting

Tuesday, 2-4 p.m., Warfighter and Family Readiness, Building 2797. Call 221-2380.

Teen Resilience Workshop

Comprehensive Soldier and Family Fitness will hold a resilience workshop for high school age teens 5-6 p.m. Tuesday at the CSF2 Training Center, Building 2620. Call 808-6089.

Family Readiness Support Assistant Training

Wednesday and Thursday, 8 a.m.-3:30 p.m., Warfighter and Family Readiness, Building 2797. Call 221-0946.

Bringing Baby Home

Wednesday and May 29, 9 a.m.-3 p.m., Warfighter and Family Readiness, Building 2797. Call 221-0349.

First Term Financial Readiness

Wednesday, Noon-6 p.m., Warfighter and Family Readiness, Building 2797. Call 221-2380

Asian Pacific American Heritage Month Observance

The 32nd Medical Brigade will host an Asian Pacific American Heritage Month observance noon-1 p.m. Thursday at Blesse Auditorium, Building 2841. Maj. Gen. M. Ted Wong, commander, Southern Regional Medical Command is the guest speaker. Call 221-0417.

Pools Opens for Summer Fun

The Aquatic Center will open for the season May 24. The pool hours are noon-8 p.m. daily. For more information, call 221-4887.

End of the Year School Party

May 24, afterschool-6 p.m. at the JBSA-Fort Sam Houston Youth Center. There will be lots of food, games and water fun.

3D Archery Shoot

May 25-26, register from 8-10 a.m. each day at JBSA-Camp Bullis Outdoor Recreation Center. Awards are given to the top three competi-

tors. The cost is \$15/competitive and \$10/non-competitive. Call 295-7577.

JBSA Military Golf Classic

Joint Base San Antonio is hosting the three-day Military Golf Classic Memorial Day weekend. Round 1: May 25 at JBSA-Lackland Gateway Hills, Round 2: May 26 at JBSA-Fort Sam Houston Salado-Del Rio Course, Round 3: May 27 at JBSA-Randolph Oaks. The cost is \$130 for advanced greens fee players, \$170 for non-advanced greens fee players and \$185 for civilian players. Entry fee includes green fee, cart, refreshments and prizes. Awards tournament held the last day. Deadline to register is Friday. No refunds will be given within 48 hours of the tournament. Call 222-9386.

Walk-in Pet Vaccination Clinic

A walk-in vaccination clinic will be held May 29, 9 a.m.-2:30 p.m. at the JBSA-Fort Sam Houston Veterinary Treatment Facility, 2915 Schofield Road, Building 2635. Call 808-6101 or 808-6104.

Last of the Red Hot Lovers

Thursday, Friday and Saturday through June 8, 8 p.m. at the Harlequin Dinner Theatre, Building 2652. Dinner is served at 6:30 p.m. and the show begins at 8 p.m. For reservations, call 222-9694.

Vacation Bible School

Vacation Bible School will be held 5:30-8:30 p.m. June 9-13 at the Dodd Field Chapel for children pre-kindergarten through sixth grade. Call 221-5006.

Computer Lab/Microsoft Office Classes

The Warfighter and Family Readiness Computer Lab will be closed temporarily, until further notice. Microsoft Office classes will also be discontinued until further notice.

Youth Cooking Classes

Youth cooking classes will be held every Thursday in May at 4:30 p.m. Call 221-4871.

Moms and Tots Stroll

Monday, Wednesday and Friday, 9-11 a.m., Fitness Center on the METC, stroll on the indoor track and win prizes. Call 808-5709.

Summer Camp Child, Youth and School

Services will offer summer camp for grades Kindergarten through 12. For registration details, call 221-4871.

Youth Horsemanship Camp

Registration is open at the Fort Sam Houston Equestrian Center. This camp is open to youths ages 7-17, and runs Monday-Friday, 9 a.m.-3 p.m. Sessions are in one-week intervals throughout the summer, \$25 deposit, cost is \$225. Call 224-7207.

PGA Junior Golf League

Registration is open at the Fort Sam Houston Golf Club for junior golfers, ages 9-13, to sign up for the summer PGA Junior Golf League. This is a team scramble format and open to all skill levels. The fee is \$50 and includes range balls, team jerseys, golf balls, PGA bag tags, a weekly practice session and tournament. Call 222-9386.

Swimming Lessons

All lessons are taught in accordance with American Red Cross standards. Participants receive eight days of lessons. The dates for the sessions are June 10-21, June 24-July 5, July 8-19 and July 22-Aug. 2. For rates and registration, call 221-4887.

SKIESUnlimited Classes

SKIESUnlimited classes for children ages 18 months to 18 years include Tae Kwon Do, private piano lessons, creative dance and ballet/tap. Call 221-3381 for dates and times.

Equipment Rentals

The Outdoor Equipment Center has all the items needed for a backyard party, unit organizational day, or weekend getaway. Rental items include canoes, boats, campers, camping equipment, outdoor games, barbecue pits and more. Call 221-5225.

World Climb Tower Challenge

Sign up at the Jimmy Brought Fitness Center for the World Climb Tower Challenge. Call 221-1234.

Catfish Pond Open

Saturday and Sunday, noon-6 p.m., JBSA-Camp Bullis, cost is \$3 per pound. Call 295-7577.

Cheer Coaches Needed

JBSA-Fort Sam Houston Youth Sports is looking for volunteers to coach children 5-12 years of age for the 2013 cheer season. Volunteer coaches must be at least 21 years old and willing to commit for the entire season, August through November. All volunteer coaches are required to complete an application and consent to a background check. Call 221-5519 or 221-4492.

Story Time at the Library

Preschool children are invited to the weekly story time at 10 a.m. Thursdays, at the Keith A. Campbell Memorial Library, Building 1222 on Harney Path. Call 221-4702.

Bowl to Win Prizes

The JBSA-Fort Sam Houston Bowling Center is offering the opportunity for bowlers to win prizes this summer. Receive "Bowling to Win" entry forms with your paid games through Aug. 26. Drawings for prizes will be held Aug. 23 during Bowler Appreciation Week. Call 221-4740.

Fort Sam Houston Museum

The Fort Sam Houston Museum is open 10 a.m. to 4 p.m. Wednesday through Sunday. The museum will close in September to move to their new location in the Quadrangle. Call 221-1886.

JBSA-Fort Sam Houston Ticket Office

The ticket office is located in the Sam Houston Community Center currently offers discounted tickets for the River City Rockfest, Schlitterbahn water parks, Six Flags Fiesta Texas, SeaWorld, Aquatica and Universal Studios Orlando. The ticket office is open 10 a.m.-5 p.m. Tuesday through Friday and 10 a.m.-2 p.m. Saturday. Call 808-1378.

Sportsman Range

The range is open 10 a.m. to 2 p.m. Saturday and Sunday. DOD card holders may shoot their personal pistols, rifles and shotguns. Firearms must be registered at JBSA-Camp Bullis. The range may close unexpectedly because of weather or troop use. Range users should call before coming out for target practice. Call 295-7577.

Theater Arts Program

Children, ages 4 and up, can take the stage after a long day at school in the Theater Arts Program at School Age Services, Building 1705. The cost is \$80 for a month of biweekly classes. Classes are 4-5 p.m. for ages 4-6; 5-6 p.m. for ages 7-10; and 6-7 p.m. for ages 11 and up. Call 221-3381.

Home Child Care Providers Needed

Family Child Care on JBSA-Fort Sam Houston is looking for family members interested in providing licensed child care in their homes. Providers can earn additional income at home, full or part time. Call 221-3828.

School Liaison Office

The JBSA-Fort Sam Houston School Liaison Office can assist patrons in registration, provide information about the local school system and community, educate parents on school policies, procedures, programs and schedules and home schooling. Visit <http://www.fortsammwr.com/youth/slo.html> or call 221-2214 or 221-2256.

Thrift Shop Open

The JBSA-Fort Sam Houston Thrift Shop at 3100 Zinn Road, run by the Spouses' Club of the Fort Sam Houston Area, is open to all DOD cardholders and full of clothing, shoes, housewares, toys, books, furniture, jewelry and more. Hours are 9 a.m. to 2 p.m. Wednesday, Thursday and the third Saturday of each month. Consigned items are taken from 9 a.m. to 1 p.m. Donations are taken anytime during regular business hours. Call 221-5794/4537 or click on <http://www.scfsh.com>.

Pet Consult Services Available

The JBSA-Lackland Veterinary Treatment Facility provides animal behavior consult services for family pets. The VTF's military animal behavior resident is scheduling appointments. The Army resident can assist pet owners with understanding their pet's behavior, and preventing, managing, or resolving pet behavioral problems. Common problems may include aggression, fear, anxiety, hyperactivity, inappropriate elimination and tail chasing. Call 671-3631 or 671-2245.

OUTSIDE THE GATE

King William Historic District 5K/10K Walk

The Randolph Roadrunners volksmarch club is hosting a 5k and 10k walk in conjunction with the Maifest Friday starting at Beethoven Maennerchor Halle und Garten, 422 Pereida. Walks start between 3:30-6 p.m., finish by 9 p.m. For information, call 658-8324 or print a walk brochure at <http://randolphroadrunners.info/>.

Austin Balcones District Park 5K/10K Walk

The Colorado River Walkers volksmarch club is hosting a 5k and 10k walk Saturday starting at Balcones District Park, 12017 Amherst Dr. Walks start between 8-11 a.m., finish by 3 p.m. For information, call 512-809-9927.

Armed Forces Day at Morgan's Wonderland

The South Texas Veterans Health Care System is sponsoring "Welcome Home," a free event at Morgan's Wonderland, 5223 David Edwards Drive, from 11 a.m. to 2 p.m. Saturday, to honor veterans who served in Operation Enduring Freedom, Operation Iraqi Freedom and Operation New Dawn, as well as members of the immediate families. The event includes musical entertainment, food, games and prizes. There is also a veteran's information fair in the main event center. For more information, call 617-5253 or 637-3418.

Navigating the VA Heart of Texas Healthcare Network

A briefing will be held 2-4 p.m., Saturday at the Memorial Library, 3222 Culebra. Network Veteran advocate, Sophie Parazo will provide information and assistance to veterans and family members regarding benefits, entitlement and eligibility to health care and

veteran benefits. Call 207-2631 or visit <http://www.mysapl.org> for information.

Memorial Day Concerts by Gateway Brass

The United States Air Force Band of the West Gateway Brass will perform Memorial Day tribute concerts 7-8 p.m. Thursday at Arneson River Theatre at La Villita and 1-2 p.m. May 26 at the San Antonio Botanical Garden, 555 Funston Place. Concerts are free, however people must pay admission at the Botanical Garden. Music selection will be light classical to popular and patriotic. Visit <http://www.bandofthewest.af.mil>.

'Operation Comedy' Free for Military, Veterans

The River Center Comedy Club at 849 E. Commerce St. is the site for "Operation Comedy," a free event for all military members, past and present veterans and their guests from June 5 to 9. Founded by Army Infantry veteran John

Stites, the event provided top-flight comedy entertainment to thank the military for their service and sacrifices. For reservations, call 229-1420 and use the code "Operation Comedy" or click on <http://www.operationcomedy.com>.

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets at 5 p.m. the third Thursday of each month at the Longhorn Café, 1003 Rittiman Road. All active duty, Reserve, National Guard and retired sergeants major are invited. Call 539-1178.

Foster a Puppy

The Department of Defense dog breeding program needs families to foster puppies for three months. Potential foster families need time and patience to raise a puppy age 12 weeks to six months, a stimulating and safe home environment and a desire to help raise a military working dog. Call 671-3686.

CHAPEL WORSHIP SCHEDULE

PROTESTANT SERVICES

Sundays

Main Post (Gift) Chapel

Building 2200, 1605 Wilson Way
8 and 11 a.m. - Traditional

Dodd Field Chapel

Building 1721, 3600 Dodd Blvd.
8:30 a.m. - Samoan
10:30 a.m. - Gospel

Army Medical Department Regimental Chapel

Building 1398, 3545 Garden Ave.
9:20 a.m. - 32nd Medical Brigade
Collective Service

11:01 - Contemporary "Crossroads"

Brooke Army Medical Center Chapel

Building 3600,
3851 Roger Brooke Rd.
10 a.m. - Traditional

CATHOLIC SERVICES

Daily Mass

Brooke Army Medical Center Chapel
Building 3600,
3851 Roger Brooke Rd.

11:05 a.m., Monday through Friday

Main Post (Gift) Chapel

Building 2200, 1605 Wilson Way

11:30 a.m., Monday through Friday

Saturday

Main Post (Gift) Chapel

4:45 p.m. - Reconciliation
5:30 p.m. - Evening Mass

Sunday

8 a.m. - Morning Mass, AMEDD
8:30 a.m. - Morning Mass, BAMC
9:30 a.m. - Morning Mass, MPC
11:30 a.m. - Morning Mass, BAMC
12:30 p.m. - Morning Mass, DFC

JEWISH SERVICES

8 p.m. - Jewish Worship,
Friday, MPC
8:30 p.m. - Oneg Shabbat,
Friday, MPC

ISLAMIC SERVICE

1:15 p.m. - Jumma, Friday,
AMEDD

LATTER DAY SAINTS SERVICES

1 p.m. - LDS Worship, Sunday,
AMEDD

BUDDHIST SERVICES

1 p.m. - Buddhist Services,
Sunday, AMEDD

*For worship opportunities of faith groups not listed here,
please visit the JBSA-Fort Sam Houston Chaplain's website at
<http://www.samhouston.army.mil/chaplain>.*



FOR SALE: Queen-size headboard, carved solid oak design, \$95; camouflage parka, military specific, large regular, \$35. Call 495-2296.

FOR SALE: Electric fan, white, \$15; wood dinette table with two chairs, \$75; computer chair, light wood with cushion, \$30; computer desk, light wood, \$30; exercise bike, \$30. Call 241-1291.

FOR SALE: Queen-size air mattress with pump, \$23; Quasar color TV, \$35; ladies fur jacket, \$58; new pro bike helmet, medium size, \$35; Oakley sunglasses, new, iridium, similar to Juliet style, more than \$350 new, 99 percent ultraviolet protection, includes hard case, \$76. Call 313-0061.

INSIDE from P19

Education and Training Office

The 502nd Force Support Squadron Education and Training Office offers a variety of military testing, including Professional Military Education, Career Development Courses and Defense Language Proficiency testing. PME Testing is conducted on Tuesdays, CDC on Wednesdays, and DLPT on Thursdays. Education and Training also offers Armed Forces aptitude testing such as the Armed Forces Classification Test and Armed

Forces Officer Qualification Test. Tests scheduled on an as-needed basis. To schedule military testing at JBSA-Fort Sam Houston, call 221-0852.

SAT and ACT Test Prep Programs

The SAT and ACT PowerPrep™ Programs are available online or DVD, and include more than 11 hours of video instruction and 3,000 files of supplemental test prep material, thousands of interactive diagnostic tools, sample questions, practice tests and graphic teaching illustrations.

Eligible recipients include service members from active duty, retired, veterans, Guard, Reserve, DOD employees, contractors and civilians performing military support. The eKnowledge Sponsorship covers \$200 purchase price for the standard SAT or ACT Test Preparation Program. There is a nominal charge of \$17.55 to \$19.99 per standard program for materials, support, streaming and shipping. Each program has a one-year license from when product is ordered. To place an order, visit <http://www.eKnowledge.com/MAFB> or call 951-256-4076.

DEERS from P5

- Separation or retirement and/or
- Becoming Medicare eligible

Making changes to DEERS information can be done online at milConnect by clicking on <http://www.dmdc.osd.mil/mil-connect>, by fax, mail or in person at the nearest uniformed services identification card office.

For more information on how to update DEERS

information, go to <http://www.tricare.mil/DEERS>.

Other life events that affect DEERS eligibility and require an update to beneficiary information are:

- Marriage or divorce
- Birth or adoption of a child
- Medicare eligibility or loss of eligibility, or
- Change in a student's enrollment status

Survivors whose sponsors have died are responsible for making

DEERS updates.

Many DEERS updates require supporting documentation: marriage licenses, birth or death certificates, Medicare cards or DD-214 discharge forms. Be sure to bring copies of all paperwork that might be needed when updating DEERS information.

For questions about TRICARE eligibility, visit <http://www.tricare.mil/DEERS>.

(Courtesy TRICARE)

Did you know?

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service.

It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.



Edwards Aquifer Level

in feet above sea level as of May 15

CURRENT LEVEL * = 647.6'

*determines JBSA water conservation stage

Normal - above 660'
Stage I - 660'
Stage II - 650'

Stage III - 642'
Stage IV - 640.5'
Stage V - 637'

For water restrictions, visit <http://www.502abw.af.mil>.



Weekly Weather Watch

	May 17	May 18	May 19	May 20	May 21	May 22
San Antonio Texas	95° AM Clouds/PM Sun	92° Mostly Sunny	92° Mostly Sunny	93° Partly Cloudy	91° Partly Cloudy	90° AM Clouds/PM Sun
Kabul Afghanistan	88° Sunny	89° Mostly Sunny	88° Mostly Sunny	87° Sunny	86° Sunny	85° Sunny

(Source: The Weather Channel at www.weather.com)

Scan with Smartphone app to access the Joint Base San Antonio website at www.jbsa.af.mil

